



Fu Style World Association  
PO Box 682171  
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Discover rare and valuable information about Fu Style, and the locations of upcoming seminars.

Support Master Victor ShengLong Fu and the preservation of the Fu Style Wudang Fist.

For your donation of \$40.00, you'll get a one-year membership in the Fu Style World Association, three newsletters, and a Fu Style tee shirt.

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Newsletter 1.1  
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## Fu Style, New and Old

by Victor ShengLong Fu

### Qualified Authority

There is widespread discussion about the differences in three generations of Fu Style. For most, the utterance of any difference is mere rhetoric, as so few people alive in 2006 are even qualified to discuss the original Fu Style versus Fu Wing Fay's Fu Style, or the so-called "New Fu Style." While some people might wonder what qualifies a person to compare the Fu Style of my grandfather, my father and me, I can say in confidence that being an original Fu family member is important. I began learning Fu Style when I was three years old. Unlike most people involved in Fu Style, I have pictures of me with my grandfather, Fu Zhensong.

My teacher was my father, Fu Wing Fay; he studied under my grandfather for 40 years, and became the second-generation heir to the Fu Style. I have seen and heard absurd gestures that my father was "not necessarily" my grandfather's best student; these sentiments should be dismissed as nonsense, as the name Neija (internal

arts) comes first from *inside families*. Not one other person studied under my grandfather for 40 years like my father. And after all is said and done, my father was my grandfather's son. Who else would a great master teach if not his own children? Next I would tell you that for both my father and me, Fu Style was not a hobby, a learned passion, or even an occupation. The best word to describe our participation in Fu Style Martial Arts is "immersion." We didn't just 'take classes' like the students. The art was our life. The students trained in our classes at the park and in our home. The discussions during dinner ubiquitously focused on Fu Style Martial Arts. In that kind of environment, one is imperceptibly influenced by what one constantly sees and hears. My father and I were **immersed** in martial arts from birth. To understand the kind of instruction I received and the dedication I put forth, you might only need to know that as a child, I taught the other children my age the principles of Fu

(cont'd inside)

## Fu Style Seminars

Fu Style BaGua, Tai Chi & Hsing-Yi  
St. Louis, Missouri  
August 10th - 13th  
Contact:

Mike Burnside  
314.989.0676  
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Fu Style BaGua, Tai Chi & Liang-Yi  
Park City, Utah  
Autumn 2006  
(to be announced)  
Contact:

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Please visit [www.fustyle.org](http://www.fustyle.org) for more details